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*Healthy Weight – Exercise – Healthy Diet – Tobacco Use – High Blood Pressure*

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# PATIENT EDUCATION PACKET

*Please take a moment and read through this educational packet. As part of a government program, we are required to provide you with education.*

No matter your current health, the information in this packet can help create a happier, healthier you. Or you can share this packet with a friend or family member. Call our office or your Primary Care Provider with questions.

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# Take Charge of Your Health: *What Can I Do?*

Learn about your health conditions, because at the end of the day, you are the person who is responsible for managing them and you are the only one who can change them.

- Know what medications you are on and **WHY** you take them (*i.e. high blood pressure, diabetes*)
- Keep an up to date record of your medications with you at all times (use our wallet sheet below)
- Ask questions about your different medical condition/diagnoses (*labels that providers put on every patient*)

## Words of Wisdom

- Pills do not “cure” you! Nothing can take the place of eating right and exercising
- You are your own best advocate!
- If you don’t know what you could be doing to improve your health – ASK!
- When a provider tells you ways to improve your health – LISTEN & DO IT!
- Listening to your doctor, eating right and exercising *may* give you a few extra years of life, but more importantly doing these things will help give you more years of **QUALITY** life!

Fill out, cut out, fold it up, & place it in your wallet.

<b>EMERGENCY CONTACTS</b>		<b>NOTES</b>	<b>PERSONAL MEDICAL CARD +</b>	
NAME	PHONE			
NAME	PHONE			
<b>DOCTORS</b>				
NAME	PHONE			
NAME	PHONE			
NAME	PHONE			
<b>PHARMACIES</b>				
NAME	PHONE			
NAME	PHONE			
<b>INSURANCE INFO</b>		PHONE	ADDRESS	NAME
COMPANY	ID #	DATE		DOB
COMPANY	ID #			
<b>MEDICATIONS</b>		<b>SUPPLEMENTS</b>		
NAME	DOSE	NAME	DOSE	

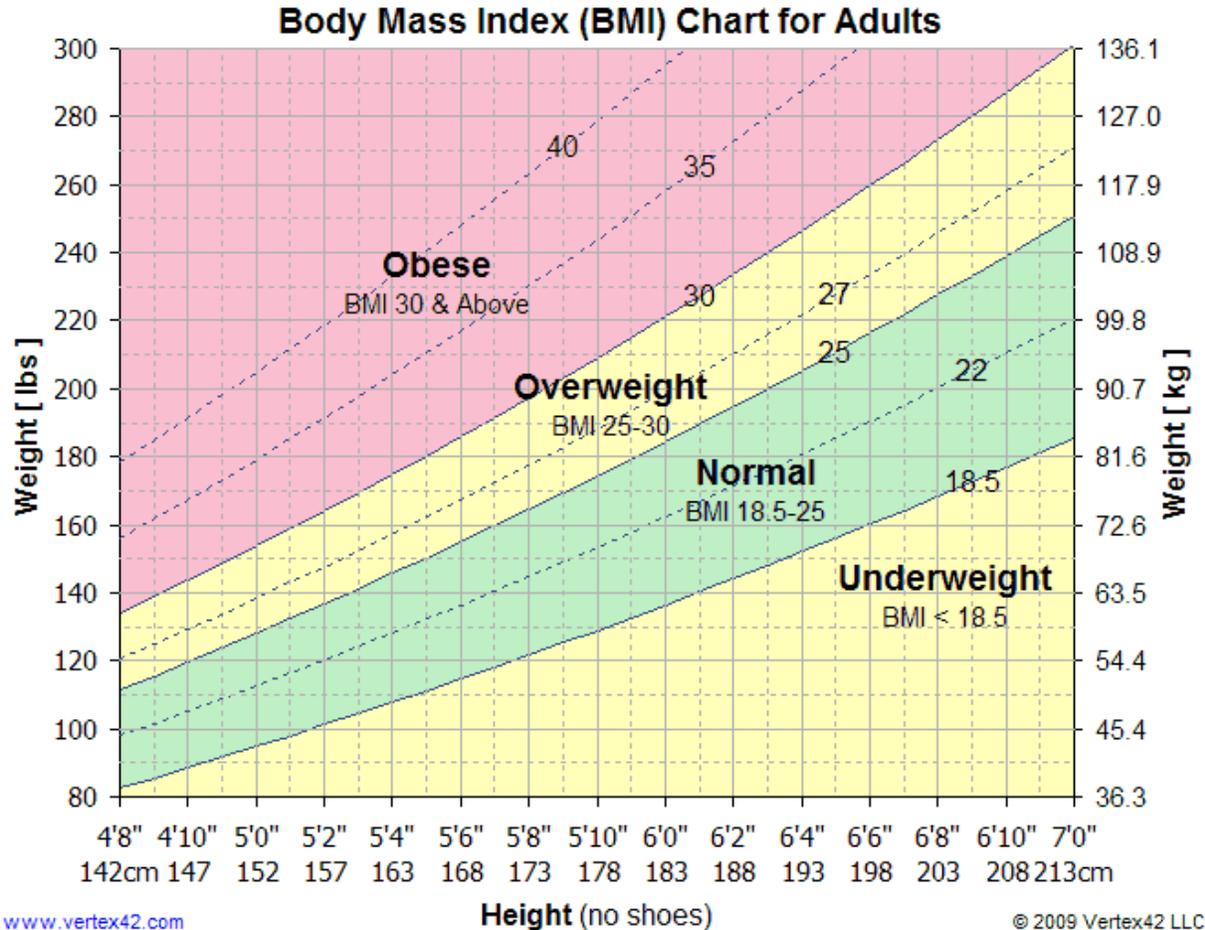
## Internet Resources

- Alzheimer’s Association
- American Cancer Society
- American Diabetes Association
- CDC – Centers for Disease Control and Prevention
- Cleveland Clinic
- Drugs.com
- FamilyDoctor.org – American Academy of Family Physicians
- HeartHub – American Heart Association
- Mayo Clinic
- MedlinePlus.gov
- NIH – National Institute of Health

# Weight & Surgery: *Why Should I Care?*

**Athletes:** Because muscle weighs more than fat, people who are more muscular may have a high BMI.

**Older Persons:** In older individuals it is often better to have a BMI **between 25 and 27**, rather than under 25. If you are older than 65, for example, a slightly higher BMI **may** help protect you from osteoporosis.



**YOU ARE NOT ALONE** – **70.7%** of adults (age 20 & over) are overweight or obese.

Studies have proven that “**Obese**” individuals have increased **surgical risks** (in some cases nearly 12 times higher). **These risks include:**

- Surgical Complications:
  - Increased risk for: **greater blood loss during surgery; longer operation time; breathing concerns with anesthesia**, as well as other anesthesia concerns
- Post-Op/After Surgery Complications:
  - Increased risk for: **wound infections & slow wound healing, heart attack, nerve injury, urinary tract infections, blood clots, lung infections**

**Obesity is one of the biggest drivers of preventable chronic diseases and healthcare costs in the United States.**

Currently, estimates for these costs range from \$147 billion to nearly \$210 billion per year

# Diet & Exercise: *Why Should I do it?*

*Taking in fewer calories than you use each day is the simplest and safest way to lose weight.*

**Diet** You can eat EVERYTHING you want, you just can't eat AS MUCH as you want

On AVERAGE to maintain current weight

- **2500** calories a day for **men**
- **2000** calories a day for **women** (2,500 in third trimester of pregnancy)
- **1800** calories a day for **children** aged 5-10 yrs

*It's as simple and as complicated as that...*

- If you eat more calories than your body uses **YOU WILL GAIN WEIGHT**
- If you eat less calories than your body uses **YOU WILL LOSE WEIGHT**

To lose 1 pound, a person must burn 3,500 calories more than they consume  
*(Healthiest way to lose 1 pound = cut 500 calories per day over the course of a week).*

## Exercise

**Common Myths:**

- **“Exercising is the best way to lose weight”**
- **“I’m a normal weight, so I don’t need to exercise”**
- Making changes to your diet is the most effective way to lose weight, but exercising does burn calories and create muscle which burns more calories at rest than fat does.
  - To burn 1 slice of pepperoni pizza you’d have to RUN on a treadmill for over 20 minutes!
  - Walking is a great way to exercise! **Start slow** and gradually increase to 10,000 steps per day.  
*If you start to get discouraged or bored, change it up!*
- Exercising does more than just burn calories to help you maintain a healthy weight...
  - Reduces your risks of many diseases, including: diabetes, heart disease and many more!
  - Improves your balance, coordination, and range of motion – things that help keep you mobile and active now and into the future!
- **TRUTH: EVERYONE of EVERY AGE SHOULD BE EXERCISING!** *Talk to your doctor about what program and what intensity level might be right for you!*

Eating right and exercising *may* give you a few extra years of life, but more importantly doing these things will help give you more years of QUALITY life!



**VS.**

*Oversimplified, Dramatic Cartoon Rendering*



# Smoking & Surgery: *Why Should I Care?*

According to the American College of Surgeons:

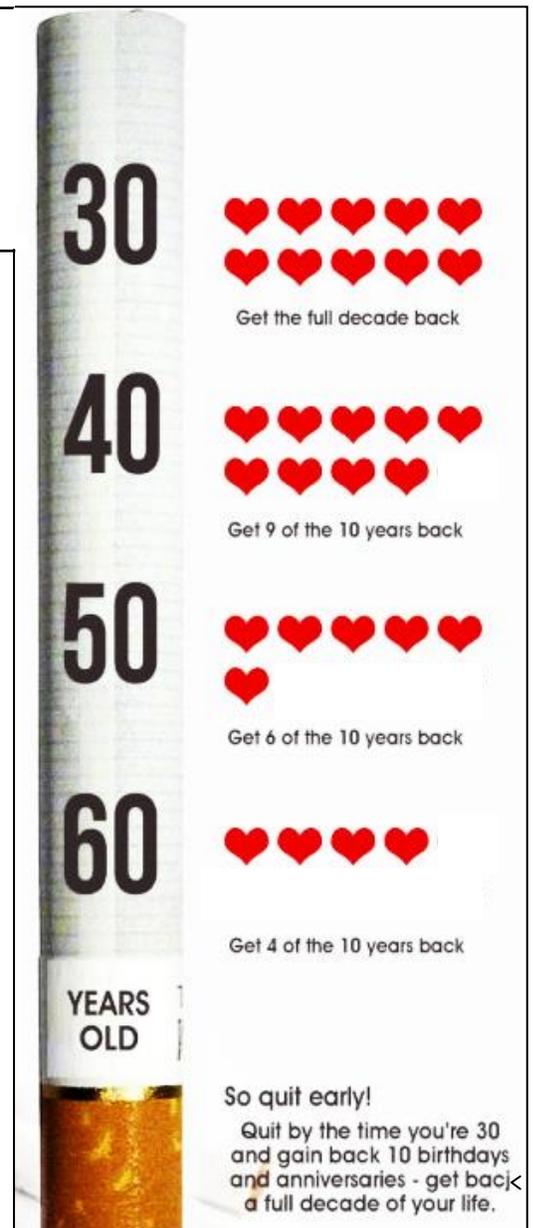
- Smoking correlates with 40% higher rate of post-surgery complications, and is an independent risk factor for infections and cardiovascular events after an operation.
- Just 2 weeks after quitting smoking there is a reduction in post-surgery complications, with complete improvement in as little as 12 weeks.

## QUIT BY THE TIME YOU'RE: Smokers lose a full decade of productive, healthy life.

*Because the risks are big, the benefits of quitting are also big!*

### MORE REASONS TO QUIT

- **You'll get sick less often**
  - Smoking damages your airways and makes you more prone to cough, colds, and infections
- **Food will taste better**
  - Smoking interferes with your senses of taste and smell
- **You'll look younger**
  - Nicotine can block the blood supply to your skin, and smoke dries your skin, both of which can increase wrinkles
- **You'll smile brighter**
  - Nicotine and tar stain your teeth
- **You'll have more money in your pocket**
  - The average pack of cigarettes costs \$5.25 per pack. That's **\$1,916** in just **one year**.
- **Smoking causes death**
  - The effects from cigarette smoking account for an estimated 443,000 deaths, or nearly **one of every five deaths**, each year in the United States.
  - More deaths are caused each year by tobacco use than by all deaths from **HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined**.



*If you are a current smoker we strongly urge you to quit*

## Blood Pressure: *It's All in the Numbers*

*High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as: heart attack, stroke, aneurysm, heart failure, kidney disease, vision loss, high cholesterol, and trouble with memory or understanding.*

<b>Top Number</b> (systolic) in mm Hg	<b>Bottom Number</b> (diastolic) in mm Hg	<b>Your Category*</b>	<b>What to do †</b>
<b>Below 120</b>	<b>and Below 80</b>	Normal blood pressure	Maintain or adopt a healthy lifestyle.
Between <b>120-139</b>	or Between <b>80-89</b>	<b>Prehypertension</b>	Maintain or adopt a healthy lifestyle.
Between <b>140-159</b>	or Between <b>90-99</b>	<b>Stage 1 hypertension</b>	Maintain or adopt a healthy lifestyle. If your blood pressure goal isn't reached in about a month, talk to your doctor about taking one or more medications.
<b>160 or higher</b>	or <b>100 or higher</b>	<b>Stage 2 hypertension</b>	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

\*Ranges may be lower for children and teenagers. Talk to your child's doctor if you're concerned your child has high blood pressure.  
†Note: These recommendations address high blood pressure as a single health condition. If you also have heart disease, diabetes, chronic kidney disease or certain other conditions, you may need to treat your blood pressure more aggressively.

**If you're a healthy adult younger than age 60, or if you have chronic kidney disease, diabetes or coronary artery disease, your treatment goal is less than 140/90 mm Hg. If you're a healthy adult age 60 or older, your treatment goal is less than 150/90 mm Hg**

**Lifestyle changes** can help you **control and prevent** high blood pressure, even if you're taking blood pressure medication. Here's what to do:

- *Eat healthy foods*
- *Decrease the salt in your diet*
- *Maintain a healthy weight*
- *Increase physical activity*
- *Limit alcohol*
- *Don't smoke*
- *Manage stress*
- *Monitor your blood pressure at home*
- *Practice relaxation or slow, deep breathing*